

A decorative border of small yellow stars surrounds the entire text on the page.

WINTER II

FEB 25th – Apr 13th

REGISTRATION

MEMBER REGISTRATION

SUNDAY February 10th

PROGRAM MEMBER

REGISTRATION

THURSDAY February 14th



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter II (02/24-04/13)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 7:00 - 7:30 pm	Max 3	\$25.00/\$50.00
Winter II	Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter II	Wednesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
Winter II	Saturday 8:30 - 9:00am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
Winter II	Wednesday 10:30 - 11:00 am	Max 3	\$25.00/\$50.00
Winter II	Thursday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter II	Saturday 11:00 - 11:30 am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Wednesday 11:10 - 11:55 am	3-5	\$35.00/\$70.00
Winter II	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 10:05 - 10:50	3-5	\$35.00/\$70.00
Winter II	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter II	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Wednesday 11:10 - 11:55 am	3-5	\$35.00/\$70.00
Winter II	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter II	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter II (02/24-04/13)

Aquatics

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter II	Thursday 5:40 pm - 6:25 pm	5-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Ses	Days & Times	Ages	Mem/Program
Winter II	NEXT Saturday 10:05 - 10:50 am	8-18	\$35.00/\$70.00

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Green YMCA

Winter II (02/24-04/13)

Group Classes

Lunchtime Crunchtime

This Fitness Center based workout is designed to allow participants to "jump in" to the class anytime from 12:00 pm - 1:00 pm. A fitness instructor will take you through a guided workout using the equipment on the fitness floor.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 12:00 - 1:00	16-99	\$0.00/\$40.00
Winter II	Thursday 12:00 - 1:00	16-99	\$0.00/\$40.00

Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 8:30 - 9:15am	16-99	\$0.00/\$40.00
Winter II	Wednesday 10:30 - 11:15am	16-99	\$0.00/\$40.00
Winter II	Friday 10:30 - 11:15am	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
Winter II	Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Winter II	Thursday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00

Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00
Winter II	Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

Country Heat

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. The simple steps and catchy country songs make it a fun-filled, calorie-scorching good time!

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 5:30 - 6:15 am	13-99	\$10.00/\$50.00
Winter II	Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
Winter II	Monday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter II	HIIT/Cycling Tuesday 7:00 - 7:30 pm	13-99	\$10.00/\$50.00
Winter II	Wednesday 5:30-6:15 am	13-99	\$10.00/\$50.00
Winter II	Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
Winter II	Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter II	Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00
Winter II	Friday 9:30 - 10:00 am *Senior Cycle	13-99	\$5.00/\$25.00
Winter II	Friday 5:30 - 6:15 pm	13-99	\$5.00/\$25.00
Winter II	Saturday 8:30 - 9:15 am	13-99	\$10.00/\$50.00

Golden Rhythms

This class provide modified, low-impact moves for active older adults, and lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Ses	Days & Times	Ages	Mem/Program
Winter II	Thursay 8:45-9:30 am	55-99	\$0.00/\$40.00
Winter II	Friday 9:30-10:15 am	55-99	\$0.00/\$40.00

Insanity

INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned faster. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest, so you can get crazy-good results.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 6:00 pm - 6:45 pm	16-99	\$0.00/\$40.00

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Group Classes

Kickboxing Cardio

Through a mixture of martial arts and boxing moves, our Kickboxing class includes physical contact with a punching bag while adding a cardio component. Participants must bring their own gloves.

Ses	Days & Times	Ages	Mem/Program
Winter II	Thursday 8:30 - 9:15 am	16-10	\$0.00/\$40.00

Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

Mommy, Me & Stroller

Fitness for you and bonding time with your child. Class will include walking, stretch moves, and stretching all while allowing you to keep your child with you in a stroller.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 11:15 - 12:00 pm		\$0.00/\$40.00
Winter II	Friday 11:15 - 12:00 pm		\$0.00/\$40.00

Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00
Winter II	Saturday 9:00 - 9:45 am	13-99	\$10.00/\$50.00

Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Ses	Days & Times	Ages	Mem/Program
Winter II	Sunday 12:15 - 1:00 pm	13-99	\$0.00/\$40.00
Winter II	Monday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Winter II	Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Winter II	Thursday 9:45 - 10:30 am	50-99	\$0.00/\$40.00

Step & Sculpt

Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.

Ses	Days & Times	Ages	Mem/Program
Winter II	Friday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter II	Thursday 9:30 - 10:15 am		\$0.00/\$40.00

STRONG by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Ses	Days & Times	Ages	Mem/Program
Winter II	Saturday 10:30 - 11:00 pm	13-99	\$0.00/\$40.00

Tabata

Combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 9:45 - 10:30 am	13-99	\$0.00/\$40.00
Winter II	Tuesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00

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Group Classes

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tues & Thurs 10:30 - 11:15 am	18-10	\$20.00/\$65.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter II	Monday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Winter II	Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
Winter II	Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter II	Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Winter II	Friday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Saturday 8:00 - 8:45 am	13-99	\$0.00/\$40.00

Ashtanga Vinyasa (Yoga)

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 5:30 - 6:30 am		\$10.00/\$50.00
Winter II	Tuesday 7:00 - 7:45 pm (Beginner)		\$10.00/\$50.00
Winter II	Wednesday 5:30 - 6:30 am		\$10.00/\$50.00
Winter II	Thursday 5:30 - 6:30 am		\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Friday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter II	Saturday 10:00 - 10:30 am	13-99	\$0.00/\$40.00

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Winter II (02/24-04/13)

Sports & Youth Programs

Tot-Time

This class is designed for parent and young child to encourage movement and dance to the rhythms of music and fun!

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00
Winter II	Friday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

Tae Kwon Do

Specializing in Olympic style sparring and self-defense using a combination of powerful kicks with the feet and strikes and blocks with hands.

Ses	Days & Times	Ages	Mem/Program
Winter II	Weds 6:00 - 7:00 & Sat 9-10 am-Marc	5-99	\$40.00/\$55.00

Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter II	Thursday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

* Parent/child participation class

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